Changing Lives

eMErge

Thrive 5

Have the courage and wisdom to thrive with a self-positive mindset and take your next step on your heart's path

4 Know

Understand how to use your inner knowing to embrace change as you move forward from a self-negative mindset to a more positive self-regard

Embody 3

Understand how limitations create self-negative behaviours and how to embody self-positive change

2 Shift

Understand how unresolved past experiences connect to current self-negative behaviours and how to shift them towards self-positive

Spark 1

See the connection between self-negative behaviours and our survival (flight-fight) response and light the spark of possibility

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